

# Grade 8

## Motor Skills and Movement Patterns **S1.G8**

### Dance & Rhythms

- 1 Exhibits command of rhythm and timing by creating a movement sequence to music as an individual or in a group. **S1.G8.1**

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### Throwing

- 2 Throws with a mature pattern for distance or power appropriate to the activity during small-sided game play. **S1.G8.2**

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### Catching

- 3 Catches an object from different trajectories and speeds in a dynamic environment or modified game play. **S1.G8.3**

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### Passing & Receiving

- 4a Passes and receives with an implement while changing direction, speed, and/or level, with competency. **S1.G8.4A**
- 4b Throws a leading pass to a moving partner off a dribble or pass. **S1.G8.4B**

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### Offensive Skill

- 5a Executes at least two of the following to create open space during modified game play: pivots, fakes, jab steps, screens. **S1.G8.5A**
- 5b Executes the following offensive skills during small-sided game play: pivot, give and go, and fakes. **S1.G8.5B**

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### Dribbling/Ball Control

- 6a Dribbles with dominant and non-dominant hands using a change of speed and direction in small-sided game play. **S1.G8.6A**
- 6b Foot-dribbles or dribbles with an implement with control, changing speed, and direction during small-sided game play. **S1.G8.6B**

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### Shooting on a Goal

- 7 Shoots on goal with a long-handled implement for power and accuracy in modified invasion games. **S1.G8.7**

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### Defensive Skills

- 8 Drop-steps in the direction of the pass during player-to-player defense. **S1.G8.8**

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### Serving

- 9 Consistently executes an underhand serve for distance and accuracy for net and wall games. [S1.G8.9](#)

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### Striking

- 10 Strikes with a mature overhand pattern in a modified net or wall games. [S1.G8.10](#)

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### Forehand & Backhand

- 11 Demonstrates the mature form of forehand and backhand strokes with a short or long-handled implement with power and accuracy in net games. [S1.G8.11](#)

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### Weight Transfer

- 12 Transfers weight with correct timing using low-to-high striking pattern with a long-handled implement on the forehand and backhand sides. [S1.G8.12](#)

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### Volley

- 13 Forehand and backhand volleys with a mature pattern and control using a short-handled implement during modified game play. [S1.G8.13](#)

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### Two-hand volley

- 14 Two-hand volleys with control in a small-sided game. [S1.G8.14](#)

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### Target Games/Propel an Object

- 15 Consistently propels an object with accuracy and control for target games. [S1.G8.15](#)

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### Striking with a Long-Handled Implement

- 16 Strikes a pitched ball with an implement for power to open space in a variety of small-sided games. [S1.G8.16](#)

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### Catching with a Short or Long-Handled Implement

- 17 Catches a variety of objects from different trajectories and speeds in a dynamic environment or modified game play while using an implement. [S1.G8.17](#)

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### Outdoor Pursuits

- 18 Demonstrates correct technique for basic skills in at least two self-selected outdoor activities. [S1.G8.18](#)

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### Individual Performance Activities

- 19 Demonstrates correct technique for basic skills in at least two self-selected individual performance activities. [S1.G8.19](#)

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## Concepts and Strategies [S2.G8](#)

### Creating Space - Movement

- 1 Opens and closes space during small-sided game play with movement concepts. [S2.G8.1](#)

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### Creating Space - Offensive Tactics

- 2 Executes at least three of the following offensive tactics to create open space: moves to create open space on and off the ball; uses a variety of passes, fakes and pathways; give and go. [S2.G8.2](#)

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#### **Reducing Space - Changing Size and Shape**

- 3 Reduces open space on defense by staying on the goal side of the offensive player and reducing the distance to the opponent. [S2.G8.3](#)

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#### **Reducing Space - Using Denial**

- 4 Reduces open space by not allowing the catch (denial) and anticipating the speed of the object and person for the purpose of interception or deflection. [S2.G8.4](#)

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#### **Transitions**

- 5 Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates, and capitalizing on an advantage. [S2.G8.5](#)

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#### **Creating Space - Through Variation**

- 6 Creates open space in net or wall games with either a long-handled or a short-handled implement by varying force or direction, or by moving opponent from side to side, and/or forward and backwards. [S2.G8.6](#)

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#### **Using Tactics & Shots**

- 7 Varies placement, force, and timing of return to prevent anticipation by opponent. [S2.G8.7](#)

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#### **Shot Selection**

- 8 Varies the speed, force, and trajectory of the shot based on location of the object in relation to the target. [S2.G8.8](#)

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#### **Offensive Strategies**

- 9 Identifies sacrifice situations and attempts to advance a teammate. [S2.G8.9](#)

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#### **Reducing Space**

- 10 Reduces open spaces in the field by working with teammates to maximize coverage. [S2.G8.10](#)

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#### **Movement Concepts**

- 11a Describes and applies mechanical advantage(s) for a variety of movement patterns. [S2.G8.11A](#)
- 11b Implements safe protocols in self-selected outdoor activities. [S2.G8.11B](#)

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### **Health-Enhancing Level of Physical Activity and Fitness** [S3.G8](#)

#### **Physical Activity Knowledge**

- 1 Develops a plan to address one of the barriers within one's family, school, or community to maintaining a physically active lifestyle. [S3.G8.1](#)

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|                                                                      | <p><b>Engages in Physical Activity</b></p> <p><b>2a</b> Participates in a variety of self-selected aerobic fitness activities outside of school such as walking, jogging, biking, skating, dancing, and swimming. <b>S3.G8.2A</b></p> <p><b>2b</b> Plans and implements a program of cross-training to include aerobic, strength, endurance, and flexibility training. <b>S3.G8.2B</b></p> <p><b>2c</b> Participates in moderate to vigorous aerobic and/or muscle and bone-strengthening physical activity. <b>S3.G8.2C</b></p> <hr/> <p><b>Fitness Knowledge</b></p> <p><b>3a</b> Compares and contrasts health-related fitness components. <b>S3.G8.3A</b></p> <p><b>3b</b> Uses available technology to self-monitor quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level. <b>S3.G8.3B</b></p> <p><b>3c</b> Employs a variety of appropriate static stretching techniques for all major muscle groups. <b>S3.G8.3C</b></p> |
| <p><b>Responsible Personal and Social Behavior</b> <b>S4.G8</b></p>  | <p><b>Personal Responsibility</b></p> <p><b>1a</b> Accepts responsibility for improving one’s own levels of physical activity and fitness. <b>S4.G8.1A</b></p> <p><b>1b</b> Uses effective self-monitoring skills to incorporate opportunities for physical activity. <b>S4.G8.1B</b></p> <hr/> <p><b>Accepting Feedback</b></p> <p><b>2</b> Provides encouragement and feedback to peers without prompting. <b>S4.G8.2</b></p> <hr/> <p><b>Working with Others</b></p> <p><b>3a</b> Responds appropriately to participants’ behavior during physical activity by using rules and guidelines for resolving conflicts. <b>S4.G8.3A</b></p> <p><b>3b</b> Cooperates with multiple classmates on problem-solving initiatives. <b>S4.G8.3B</b></p> <hr/> <p><b>Rules and Etiquette</b></p> <p><b>4</b> Applies rules and etiquette by acting as an official for modified physical activities and games and creating dance routines within a given set of parameters. <b>S4.G8.4</b></p>           |
| <p><b>Recognizes the Value of Physical Activity</b> <b>S5.G8</b></p> | <p><b>Health</b></p> <p><b>1a</b> Identifies the components of health-related fitness and explains the relationship between fitness and overall physical and mental health. <b>S5.G8.1A</b></p> <p><b>1b</b> Analyzes the empowering consequences of being physically active. <b>S5.G8.1B</b></p> <hr/> <p><b>Challenge</b></p> <p><b>2a</b> Develops a plan of action and makes appropriate decisions based on that plan when faced with an individual challenge. <b>S5.G8.2A</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

**2b** Justifies that skills will develop over time with appropriate practice. **S5.G8.2B**

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**Self-Expression and Enjoyment**

**3a** Discusses how enjoyment could be increased in self-selected physical activities. **S5.G8.3A**

**3b** Identifies and participates in an enjoyable activity that prompts individual self-expression. **S5.G8.3B**